

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 03119, Babyfood, vegetables, corn, creamed, strained

Report Date:October 26, 2015 05:28 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 jar 113g | 1 tbsp 15g | 1 oz 28.35g | 1 cup 240g | 1 jar Gerber Second Food (4 oz) 113g | 1 jar Beech-Nut Stage 2 (4 oz) 113g | 1 jar Heinz Strained-2 (4 oz) 113g |
|--------------------------------|------|------------------|------------|------------|-------------|------------|--------------------------------------|-------------------------------------|------------------------------------|
| Proximates | | | | | | | | | |
| Water | g | 83.60 | 94.47 | 12.54 | 23.70 | 200.64 | 94.47 | 94.47 | 94.47 |
| Energy | kcal | 57 | 64 | 9 | 16 | 137 | 64 | 64 | 64 |
| Protein | g | 1.40 | 1.58 | 0.21 | 0.40 | 3.36 | 1.58 | 1.58 | 1.58 |
| Total lipid (fat) | g | 0.40 | 0.45 | 0.06 | 0.11 | 0.96 | 0.45 | 0.45 | 0.45 |
| Carbohydrate, by difference | g | 14.10 | 15.93 | 2.12 | 4.00 | 33.84 | 15.93 | 15.93 | 15.93 |
| Fiber, total dietary | g | 2.1 | 2.4 | 0.3 | 0.6 | 5.0 | 2.4 | 2.4 | 2.4 |
| Sugars, total | g | 1.23 | 1.39 | 0.18 | 0.35 | 2.95 | 1.39 | 1.39 | 1.39 |
| Minerals | | | | | | | | | |
| Calcium, Ca | mg | 20 | 23 | 3 | 6 | 48 | 23 | 23 | 23 |
| Iron, Fe | mg | 0.28 | 0.32 | 0.04 | 0.08 | 0.67 | 0.32 | 0.32 | 0.32 |
| Magnesium, Mg | mg | 8 | 9 | 1 | 2 | 19 | 9 | 9 | 9 |
| Phosphorus, P | mg | 33 | 37 | 5 | 9 | 79 | 37 | 37 | 37 |
| Potassium, K | mg | 90 | 102 | 14 | 26 | 216 | 102 | 102 | 102 |
| Sodium, Na | mg | 43 | 49 | 6 | 12 | 103 | 49 | 49 | 49 |
| Zinc, Zn | mg | 0.19 | 0.21 | 0.03 | 0.05 | 0.46 | 0.21 | 0.21 | 0.21 |
| Vitamins | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.1 | 2.4 | 0.3 | 0.6 | 5.0 | 2.4 | 2.4 | 2.4 |
| Thiamin | mg | 0.013 | 0.015 | 0.002 | 0.004 | 0.031 | 0.015 | 0.015 | 0.015 |
| Riboflavin | mg | 0.047 | 0.053 | 0.007 | 0.013 | 0.113 | 0.053 | 0.053 | 0.053 |
| Niacin | mg | 0.512 | 0.579 | 0.077 | 0.145 | 1.229 | 0.579 | 0.579 | 0.579 |
| Vitamin B-6 | mg | 0.041 | 0.046 | 0.006 | 0.012 | 0.098 | 0.046 | 0.046 | 0.046 |
| Folate, DFE | μg | 17 | 19 | 3 | 5 | 41 | 19 | 19 | 19 |
| Vitamin B-12 | μg | 0.02 | 0.02 | 0.00 | 0.01 | 0.05 | 0.02 | 0.02 | 0.02 |
| Vitamin A, RAE | μg | 5 | 6 | 1 | 1 | 12 | 6 | 6 | 6 |
| Vitamin A, IU | IU | 69 | 78 | 10 | 20 | 166 | 78 | 78 | 78 |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | 0.05 | 0.01 | 0.01 | 0.10 | 0.05 | 0.05 | 0.05 |

| Nutrient | Unit | 1 Value Per100 g | 1 jar 113g | 1 tbsp 15g | 1 oz 28.35g | 1 cup 240g | 1 jar Gerber Second Food (4 oz) 113g | 1 jar Beech-Nut Stage 2 (4 oz) 113g | 1 jar Heinz Strained-2 (4 oz) 113g |
|------------------------------------|------|------------------|------------|------------|-------------|------------|--------------------------------------|-------------------------------------|------------------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Lipids | | | | | | | | | |
| Fatty acids, total saturated | g | 0.076 | 0.086 | 0.011 | 0.022 | 0.182 | 0.086 | 0.086 | 0.086 |
| Fatty acids, total monounsaturated | g | 0.116 | 0.131 | 0.017 | 0.033 | 0.278 | 0.131 | 0.131 | 0.131 |
| Fatty acids, total polyunsaturated | g | 0.176 | 0.199 | 0.026 | 0.050 | 0.422 | 0.199 | 0.199 | 0.199 |
| Cholesterol | mg | 1 | 1 | 0 | 0 | 2 | 1 | 1 | 1 |
| Other | | | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |